gara 34 — Donne, 400m Mista — 2009 e più vecchip
12.05.2019 - 14:04 — Bewerbsponsor: Ovomaltine — Risultati

Meetingrekord 4:58.76 Stamm Lisa SC Schaffhausen 2015

Pointi: FINA 2018

Rango			TR	Tempo	Pt.	100m	200m	300m	400m
Anno 2008									
1. Scottini Sarah	2008	Acqua1Village		**7:13.77**	231	1:46.59	1:45.03	2:10.76	1:31.39
50m:		150m:		250m:		350m:			
100m: 1:46.59		200m: 3:31.62		300m: 5:42.38		400m: 7:13.77			
Anno 2007									
1. Grasso Ginevra	2007	Nuoto Club Seregno		**6:22.97**	336	1:26.20	1:38.06	1:53.20	1:25.51
50m:		150m:		250m:		350m:			
100m: 1:26.20		200m: 3:04.26		300m: 4:57.46		400m: 6:22.97			
2. Mainini Francesca	2007	Acqua1Village	+0,55	**6:29.15**	320	1:29.51	1:38.94	1:52.09	1:28.61
50m:		150m:		250m:		350m:			
100m: 1:29.51		200m: 3:08.45		300m: 5:00.54		400m: 6:29.15			
Anno 2006									
1. Ruspi Rebecca	2006	Shark Team ITA	+0,81	**5:53.10**	429	1:18.21	1:30.33	1:47.58	1:16.98
50m:		150m:		250m:		350m:			
100m: 1:18.21		200m: 2:48.54		300m: 4:36.12		400m: 5:53.10			
2. Edl Lena	2006	Welser TV 1862		**5:57.27**	414	1:28.62	1:30.03	1:35.57	1:23.05
50m:		150m:		250m:		350m:			
100m: 1:28.62		200m: 2:58.65		300m: 4:34.22		400m: 5:57.27			
3. Niederacher Paula	2006	SC Sparkasse Söll		**6:13.08**	363	1:34.08	1:34.31	1:41.03	1:23.66
50m:		150m:		250m:		350m:			
100m: 1:34.08		200m: 3:08.39		300m: 4:49.42		400m: 6:13.08			
Anno 2005									
1. Cocca Giada	2005	Campus Team Pavia		**6:04.16**	391	1:24.66	1:37.11	1:39.42	1:22.97
50m:		150m:		250m:		350m:			
100m: 1:24.66		200m: 3:01.77		300m: 4:41.19		400m: 6:04.16			
Anno 2004									
1. Cecchetto Rebecca	2004	Shark Team ITA	+0,78	**5:27.15**	539	1:13.72	1:20.79	1:38.38	1:14.26
50m:		150m:		250m:		350m:			
100m: 1:13.72		200m: 2:34.51		300m: 4:12.89		400m: 5:27.15			
Anni 2001 - 2003									
1. Hefel Theresa	2001	YPS-Club Swim Tea	+0,76mp	**5:16.78**	594	1:10.09	1:20.60	1:33.95	1:12.14
50m:		150m:		250m:		350m:			
100m: 1:10.09		200m: 2:30.69		300m: 4:04.64		400m: 5:16.78			
2. Viola Anna	2001	Campus Team Pavi	+0,73	**5:34.84**	503	1:16.40	1:28.11	1:34.23	1:16.10
50m:		150m:		250m:		350m:			
100m: 1:16.40		200m: 2:44.51		300m: 4:18.74		400m: 5:34.84			
3. Gramlich Adina	2002	Welser TV 1862	+0,77	**5:41.36**	475	1:20.23	1:32.61	1:32.90	1:15.62
50m:		150m:		250m:		350m:			
100m: 1:20.23		200m: 2:52.84		300m: 4:25.74		400m: 5:41.36			
4. Klemisch Lena	2003	SC Bregenz	+0,75	**5:57.58**	413	1:20.97	1:35.50	1:40.43	1:20.68
50m:		150m:		250m:		350m:			
100m: 1:20.97		200m: 2:56.47		300m: 4:36.90		400m: 5:57.58			